



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Penobscot Bay YMCA

116 Union Street, Rockport, Maine  
207.236.3375 [www.penbayymca.org](http://www.penbayymca.org)

# TRAINED TO SAVE RED CROSS BLENDED LEARNING LIFEGUARD COURSE

### In-Person Program Dates, Friday through Sunday:

**March 21-23**      **May 16-18**  
**June 6-8**        **August 8-10**

Roughly 7 hours of online work to be completed prior to first class. A link for pre-work will be provided via email.

### Pre-Requisite Skills Include:

- Swim-Tread-Swim sequence: without stopping, swim 150 yards of front crawl or breaststroke, tread water without use of arms for 2 minutes, then swim 50 more yards
- Timed event (1 minute 40 seconds): without goggles, swim 20 yards on front, do a surface dive to retrieve a 10 pound brick, swim 20 yards on back with the brick, and exit the pool without ladder or steps.

### In-Person Class Requirements:

- Complete all prerequisite skills and attend all classes
- Demonstrate all skills and rescue scenarios
- Pass written tests with 80% or better

### REGISTER TODAY!

Rose Turner  
[rturner@penbayymca.org](mailto:rturner@penbayymca.org)

### COST: \$350 OR FREE WITH EMPLOYMENT!

Must be 16 years or older at the time of hire.  
Must be 15 years old by last day of class to take the course.